



2008 Live Well Challenge Points for Move More Focus Area

| HEALTHY BEHAVIOR – MOVE MORE | POINTS PER ACTIVITY |
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| <p><i>Get Moving for 30 minutes</i> Participate in moderate or vigorous physical activity for at least 30 minutes.</p> <p>Examples:</p> <ul style="list-style-type: none"> • Walk or run at lunch or a home – walking maps of many King County communities are available at www.metrokc.gov/health/exercise/maps.htm • Bike – use your own or use one of the Blue Bikes available at Marymoor Park, and use the bicycle guide to plan your route, www.metrokc.gov/kcdot/roads/bike/index.cfm • Hike – Check out some of King County's trails, www.metrokc.gov/parks/trails/ • Use the Activity Center – www.metrokc.gov/employees/activity_center/default.aspx • Other ideas – swim, kayak, play tennis, dance, jump rope, weight train, do yard work, participate in team sports or exercise classes. | <p>2 points per 30 minutes daily 14 points max per week</p> |
| <p><i>Take the Stairs</i> Choose the stairs instead of the elevator whenever there's an option (work, malls, stores).</p> | <p>1 point daily 7 points max per week</p> |
| <p><i>Stretch</i> Take a 10-minute stretch break. Try some of the suggested stretches in this document. www.healthyworkplace.ca/2004/pdf/A_Stretch_Break_Program_for_Your_Workplace.pdf</p> | <p>1 point daily 7 points max per week</p> |
| <p><i>Trade a non-physical social event for one that involves physical activity</i> Examples: Sunday family drive becomes Sunday family bike ride, movie night becomes take a walk night, dinner with friends becomes night of dancing.</p> | <p>2 points weekly max 12 points max for Challenge</p> |
| STRESS LESS AND GENERAL HEALTH | POINTS PER ACTIVITY |
| <p><i>Engage in a stress reduction activity for at least 15 minutes daily</i> Examples: meditate, keep a journal, read a book, soak in a hot bath, write a letter, listen to relaxing music, play a game, get a massage, practice yoga or tai chi.</p> | <p>1 point daily 7 points max per week</p> |
| <p><i>Drink 8 - 8oz glasses of water per day</i></p> | <p>1 point daily 7 points max per week</p> |
| <p><i>Brush teeth twice daily and floss at least once daily</i></p> | <p>1 point daily 7 points max per week</p> |
| <p><i>Sleep 7 hours or more each night</i></p> | <p>1 point daily 7 points max per week</p> |
| WORKSITE HEALTH PROMOTION | POINTS PER ACTIVITY |
| <p><i>Participate in a Worksite Activity</i></p> <ul style="list-style-type: none"> • Host or attend a healthy lunch or breakfast potluck • Use the Healthy Meeting Guidelines to provide healthier food choices and add activity • Lead or join a lunch time walk • Lead or join a stretch break at work <p><i>Use a tool on the Focus on Employees website:</i> www.metrokc.gov/employees</p> <p>Eat Smart</p> <ul style="list-style-type: none"> • Try a new fruit or vegetable and share it with a co-worker • Sign up for the recipe of the week and try a new healthy recipe • Use an Eat Smart Tool to: test your food label knowledge, assess the nutrients in your diet, take the Portion Distortion quiz, or use the MyPyramid Tracker tool. <p>Move More</p> <ul style="list-style-type: none"> • Try a "Local Events" activity • Take the Fitness Type quiz to learn about resources for your fitness level • Complete a free exercise diary and track your progress towards a goal | <p>5 points per activity 5 points max per week</p> |

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| <ul style="list-style-type: none"> • “Discover” a walking trail by your home or work Stress Less <ul style="list-style-type: none"> • Take one of two interactive quizzes to evaluate your stress level • Take the Stress Smarts quiz to learn more about symptoms and effects | |
| SPECIAL ACTIVITIES/EVENTS (75 POINTS MAXIMUM FOR THE CHALLENGE) | POINTS PER ACTIVITY (REPORT POINTS IN WEEK 6) |
| Take a healthy cooking class <ul style="list-style-type: none"> • Puget Sound Fresh http://dnr.metrokc.gov/wlr/farms/partners-cooking-schools.htm • Whole Foods www.wholefoodsmarket.com/stores/index.html • Cooking class held at a local community center or community college. | 10 points per class 20 points max for Challenge |
| Take a new physical activity class Classes are available through: <ul style="list-style-type: none"> • Local Parks and Recreation Departments – for example, www.seattle.gov/PARKS/ • Community colleges – for example, www.conted.bcc.ctc.edu/health/index.asp • YMCA – www.seattleyymca.org/page.cfm • Gyms – Check out the list www.metrokc.gov/employees/kcgym/default.aspx | 10 points per class 20 points max for Challenge |
| Take the Puget Sound Community Checkup Survey Visit: www.zoomerang.com/Survey/survey.zgi?p=WEB227ZM5HQAUG | 10 points 10 points max for Challenge |
| Register for the Puget Sound Heart Walk Visit: www.pugetsoundheartwalk.org | 10 points 10 points max for Challenge |
| Choose a Healthy (and Green) Commute Commuting by transit, biking, or walking is both greener and healthier! If you are not already using transit, try it out. Already a transit user? Get off a stop early and walk the rest of the way or try biking. Visit: http://www.metrokc.gov/employees/ (My Transportation) | 1 point per day 10 points max for Challenge |
| “Know Your Numbers” Find out and record your “numbers”. Then use an on-line tool to understand what they mean. <ul style="list-style-type: none"> • Blood glucose - www.msdh.state.ms.us/msdhsite/static/43,1161,91,214.html • Blood pressure - www.webmd.com/hypertension-high-blood-pressure/hypertension-health-check/default.htm • Body Mass Index - www.mayoclinic.com/health/bmi-calculator/NU00597 • Cholesterol - www.mayoclinic.com/health/ldl-cholesterol/CL00034 | 5 points per measurement 20 points max for Challenge |
| Create a Personal Health Record (PHR) A PHR can help you understand and manage your medical information to improve your well-being and the quality of health care you receive. <ul style="list-style-type: none"> • Aetna – Register or log in to Aetna Navigator, www.aetna.com/ • Group Health – Register or log in to MyGroupHealth, www.ghc.org/ | 20 points 20 points max for Challenge |
| Participate in a “challenge activity” - any organized physical activity event which challenges you <ul style="list-style-type: none"> • Bicycle rides, various event dates: www.cascade.org/Community/Bike_Rides.cfm • Hikes, various event dates: www.issaquahalps.org/schedule.html • Street Scrambles, various dates: www.streetscramble.com • Triathlons, various dates: www.trifreak.com/ or www.uswts.com/wa/welcome.htm • Volksmarches, various event dates: http://ava.org/clubs/esva/2008_nw_events.html • Any other organized physical activity event (bike ride, run, hike etc.) | 20 points per event 20 points max for Challenge |
| Be a Health Hero Submit a personal success story or testimonial to: livewellchallenge@kingcounty.gov | 20 points per story 20 points max for Challenge |
| TOTAL POSSIBLE POINTS FOR CHALLENGE | POINTS |
| Move More | 180 |
| Stress Less and General Health | 168 |
| Worksite Health Promotion | 30 |
| Special Activities/Events | 75 |
| Goal Points (50 points for reaching goal in weeks 1-3, 50 points for reaching goal in weeks 4-6) | 100 |
| TOTAL POSSIBLE POINTS | 553 |

*To be eligible to win weekly prizes, points must be entered by 11:59 p.m. by the Team Captain on the Tuesday following the week during which the points were earned.